



Tobacco Tid-bits

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Southwest Washington Health District

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Start the New Year Right

What better way to start the new year than with the gift of health? Improving health and quitting tobacco are two very popular New Year's resolutions and the Tobacco Free Coalition of Clark County is using this time of year to remind people of that. The Coalition has placed two ads in the FAX Times. An ad with a gift theme ran December 10–21 and an ad with a New Year's resolution theme runs December 26–January 11. Both ads promote the Quit Line, which just celebrated its one year anniversary in Washington. Over the last few months more than 4,000 employees and family members in Southwest Washington have learned about tobacco cessation resources. Many employers have promoted the Quit Line to their employees through payroll inserts, Quit Line posters on work bulletin boards and articles in employee and school district newsletters. If you think your employer would promote tobacco cessation to your employees and you would like one or more of the resources described above, contact *James Lanz* at the Health District: 360.397.8416 or jlanz@swwhd.wa.gov.

Oregon's Smokefree Workplace Law

On January 1, 500,000 more Oregon workers will be protected from secondhand smoke as a result of Oregon's new Smokefree Workplace Law. Under the law, most Oregon workplaces will be required to "provide a place of employment free of tobacco smoke." This will protect an estimated 90 percent of Oregonian workers from secondhand smoke. The law requires nearly all employers to ensure their workplaces are smokefree and display NO SMOKING signs. Bars, taverns, bingo parlors, tobacco stores bowling centers and hotel/motel rooms designated as smoking are exempt from the law. If a business is found to be in violation of the new law, employers face fines up to \$1,000. Washington, California and Maryland also have laws prohibiting smoking in the workplace. www.ohd.hr.state.or.us/news/press.

FAX Times Ad, available for your use



Task Force Needs You

Fae Jackson, nurse at Hudson's Bay High School is the new chair of the Tobacco Free Coalition of Clark County's Schools Task Force. Task Force members are really making a difference in the level of tobacco education and information students are receiving in our schools. This year Task Force members helped 86 students receive TATU (Teens Against Tobacco Use) training and they in turn reached hundreds of middle school students. They also brought GASO (Great American Smokeout) activities to middle schools and high schools in Clark and Skamania Counties, distributed 2,500 book covers and bookmarks featuring tobacco prevention messages and provided feedback and evaluation on state and local resources helping assure they are practical and meet local students' needs. "We could not do our work without Task Force members' involvement and commitment," said Theresa Cross, health educator with the Health District. "We would like to have more middle school staff participate in this Task Force. We want to ensure that tobacco prevention activity information and resource sharing is available in all schools." Students and staff can take advantage of Media Literacy training, TATU, GASO activities and networking with other school staff about how to make programs work in their facility. Location and meeting times can be adjusted to meet your school's needs. The next meeting is scheduled for February 14 (check the calendar next month for details). Contact Theresa Cross: 360.397.8215 x3178

A Look Back at 2001

From students to medical professionals, community members to local businesses, the efforts on behalf of tobacco prevention and cessation in this community were outstanding in 2001. In Clark and Skamania county schools, tobacco use is prohibited by both students and staff, tobacco prevention curriculums are being implemented, families are becoming involved as students bring home tobacco newsletters, homework and curriculum, intervention specialists were funded with additional hours to work on tobacco prevention and control in schools, and schools have partnered with community agencies such as the Health District to implement peer training like TATU (Teens Against Tobacco Use) and BREATHE (a youth tobacco prevention team). The results from the tobacco-related adolescent behaviors survey (TABS) have been distributed to schools and will serve as a baseline to measure efforts over the next year. Youth also partnered with the Health District for many tobacco compliance checks throughout the year. They found that compliance rates have improved over the last two years with 92% of merchants checked in Clark County and 80% in Skamania county refusing to sell tobacco to minors in 2001. In January, a new youth tobacco prevention team called BREATHE formed. In February, 86 students attended TATU training. In June, a new Media Literacy pilot project using teens to teach teens was launched by the University of Washington and has become a successful training program locally. In July, Smitty's Family Dining in Camas went smokefree and BREATHE received the Selecky Award (honors outstanding commitment in reducing tobacco use) at the Outrage Summit. In November, student, community and local business involvement helped make the 25th annual Great American Smokeout a great success, using everything from rallies to bulldozers to get the word out. On November 15, the Quit Line celebrated its one-year-anniversary in Washington and has been a huge success. Clark and Skamania County coalitions also celebrated their one-year-anniversary in November. These are just a few of the many accomplishments in 2001. Congratulations and thank you for all your hard work!

Quit Line
877-270-STOP
877-2 NO FUME
1-877-777-6534 (TTY)

Kick Butts Day

The Campaign for Tobacco Free Kids has updated their Web site with information and resources for the 2002 Kick Butts Day, Wednesday April 3. The Schools Task Force recommends that KBD be observed on April 11 so as not to conflict with school spring break. You can order activity guides, register your events, order merchandise and download nomination forms for youth advocates of the year on their Web site. Check it out at: www.kickbutts.org.

Stop Smoking Classes in Stevenson

BREATHE FREE - THE PLAN TO STOP SMOKING

Includes 10 weapons to kill an urge, manage stress, plan for success, insure against failure, get support from friends and avoid weight gain after quitting.

February 5, 7, 10-14, & 18 2002 (8 sessions)
Rock Creek Center, Stevenson
\$20 (for materials)

This class is sponsored by the Tobacco Free Coalition of Skamania County and Stevenson Seventh Day Adventist Church.

To register: 509.427.9478. For more info: 509.427.8890 (leave a message and you will be called by class facilitator).

Youth Initiative Workshop

If you are a high school student or an adult leader looking to start and maintain a youth advocacy coalition, here is a **FREE** opportunity for training. *The American Cancer Society* is excited to offer SPEAKOUT! YOUTH INITIATIVE WORKSHOPS. The workshops will take place January 26-27, 2002 in Eugene, Oregon. For more information about this workshop or to receive registration materials contact Heather Angier at the American Cancer Society: 503.795.3946, or e-mail Heather. Angier@cancer.org.

Cigarette Prices Deter Teens

A higher priced cigarette may not deter an older, addicted smoker, but it appears to have an effect on many teen smokers who have limited disposable income. A survey of 12,000 8th and 10th graders showed that a higher-priced cigarette might keep them from ever picking up the habit in the first place. Source: *ImpacTeens (joint research by University of Illinois at Chicago and University of Michigan)*.

Another Reason to Quit

Toxic chemicals in cigarette smoke cause a woman's eggs to die prematurely, resulting in a greater chance for early menopause or fertility problems. *Nature Genetic Journal*

You Can Quit - Cessation Classes

The SW Washington Health District is promoting four cessation programs to help smokers in the community quit.

Steps to Success - Smoking Cessation

Mid Columbia Medical Center, The Dalles 541.296.7202
5 sessions over four weeks. Cost \$75 (\$25 back if all sessions attended)

Breathe Clean Air for Life

Southwest Medical Center, Vancouver 360.514.2190. *Scholarships offered.*
6 weekly sessions. Cost \$150 (\$50 refunded for ending tobacco free).

Freedom From Cigarettes

Kaiser Permanente, Vancouver 360.604.2070 Members and non-members.
10 day or evening sessions over 8 weeks.

Free and Clear Program

Providence Health Plan, Portland, OR 1.800.562.8964 Cost \$40.

Other local resources include: *PORTLAND ADVENTIST MEDICAL CENTER*, Portland, 360.699.4488 x6109, *SEVENTH DAY ADVENTIST*, Vancouver or Stevenson 360.892.2925, *VETERAN'S ADMINISTRATION MEDICAL CENTER*, Vancouver 696.4061 x33969. **For a complete brochure contact James Lanz: 360.397.8416**

January Calendar of Events

- Jan. 08,

Tobacco Free Coalition of Clark County meeting. Southwest Washington Health District, 2:30-4 PM
Contact: James Lanz 360.397.8416 (*next meetings scheduled for March 12, May 14*)
- Jan. 10,

CMASA and Safe and Drug Free Schools meeting - 3:30-4:30 PM Skamania Co. Sheriff's office conference room, Stevenson. Contact: Susie Strom (509) 427.9400 x297 or Paul Davis 360.750.7500 x303
- Jan 15,

Cessation Task Force meeting. SWMC's Memorial Health Center, Health Connections Library, 2nd floor. 100 E 33rd St., Vancouver. Contact: Pam Johnston 360.750.7500 x133

Please let us know if you have a tobacco related event you would like posted here.